



Taming Tantrums: Recognize Triggers and Stay Calm

Key Takeaways:

1. Young children's tantrums are like thunderstorms. Their brain circuits are overwhelmed by negative emotions that interfere with listening and thinking in the moment. They are frustrated by developmental limitations and the desire to be independent.
2. Tantrum triggers include: fatigue, hunger, being in strange places, inconsistent expectations of them, and inconsistent routines.
3. Young children need your support during a tantrum. Your calm is essential to providing extra support in these difficult moments.
4. If you become distressed during your child's tantrums, before you respond S.T.O.P. Stop for a moment, Take a Breath, Observe what's happening, and then Proceed with calm and empathy for your child's overwhelmed emotions.
5. Brain-calming practices like counting breaths, visualizing (picturing) a place or a person you enjoy, practicing gratitude, or walking mindfully for 5 minutes twice a day will help train your brain to calm quickly.



Learn more about breathing techniques to exercise your brain calming muscle:

1. <https://www.psychologytoday.com/us/blog/in-practice/201302/6-mindfulness-exercises-each-take-less-1-minute>
2. <https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>

